

Brown Rice with Parmesan, Lemon, and Herbs

From Cook's Illustrated

Denise's Modifications:

- Use olive oil instead of butter
- Use vegetable broth instead of chicken broth
- Also add toasted nuts for protein (pine nuts or slivered almonds work well)
- I use any kind of fresh herbs that I have, including chives and cilantro
- I skip the lemon zest and the sautéing if I am in a hurry; I now use straight lemon
- I usually use more Parmesan cheese
- I often put garlic in with the onions
- At the end, I add vegetables that I have cooked separately: baby peas, green beans, sweet potato, squash, broccoli, etc. (not all at the same time, but different ones so that it's not always the same presentation)
- For 8 hungry people, I double the recipe

Serves 4 to 6

2 tablespoons unsalted butter

1 small onion, *minced*

1 1/2 cups long-grain brown rice *or medium-grain brown rice, or short-grain brown rice*

2 1/3 cups low-sodium chicken broth

1/8 teaspoon table salt

1/8 teaspoon ground black pepper

1/4 cup minced fresh parsley leaves

1/4 cup chopped fresh basil

1/2 cup grated Parmesan cheese

1 teaspoon lemon zest

1/2 teaspoon lemon juice

1. Heat butter in medium nonstick skillet over medium heat until foaming; add onion and cook until translucent, about 3 minutes. Set onion aside.
2. Adjust oven rack to middle position; heat oven to 375 degrees. Spread rice in 8-inch-square glass baking dish.
3. Bring broth to boil, covered, in medium saucepan over high heat; once boiling, immediately stir in salt and pour broth over rice. Stir in onion mixture and cover baking dish tightly with doubled layer of foil. Bake rice 1 hour, until tender.
4. Remove baking dish from oven and uncover. Stir in ground black pepper, parsley, basil, Parmesan, lemon zest, and lemon juice. Cover dish with clean kitchen towel; let rice stand 5 minutes. Uncover and let rice stand 5 minutes longer; serve immediately.

POINT HOUSE Quantities

4 cups rice = 6.2 cups water 3 cups rice = 4 2/3 cups water 2.5 cups rice = 3.9 cups water
900ml box of broth = 4 cups liquid

August 2009: made double batches in 8 x 11 pans, 3 pans worth, 2 pans fed 21 people

August 2012: made double batches in 8x 11 pans, 3 pans worth, all pans eaten by 23 people

Also: Salmon for 20 people = 5 # worth of salmon